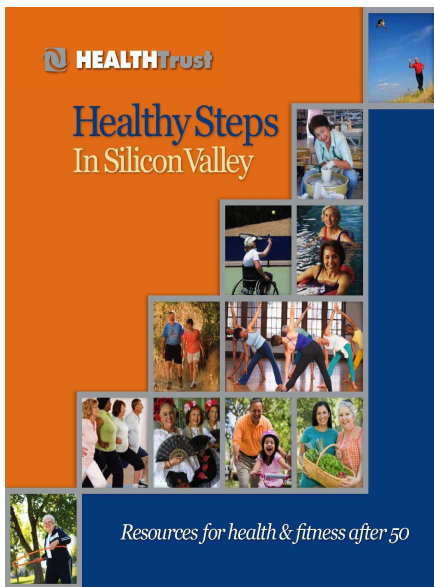


Lunch Meet



Thursday, June 21, 2012

12:30 to 1:30 PM

Santa Clara Senior Center

Conference Room 205

- **Would you like to improve your sleep, increase your energy, and boost your mood?**
- **Learn some fun ways to stay active at home and in the community**
- **Learn 5 easy tips to help prevent falls?**
- **Find free resources to help prevent and manage diabetes, high blood pressure, and arthritis**

Join us as Pauline de Lange from The Health Trust highlights **Healthy Steps In Silicon Valley**. This program is open to all. Bring a friend. Each person who attends will receive a free guidebook with local affordable resources for health after age 50. No pre-registration is required.

•Everyone is welcome •Bring your lunch if you'd like



Santa Clara Senior Center
Parks & Recreation Department
1303 Fremont Street, Santa Clara, CA
(408) 615-3170
www.santaclaraca.gov



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